Lesson Objectives with HECAT & NHES Correlations

Abstinence

Lesson 1: Taking Hiccups for a Lifetime
- Explain how positive health behaviors can benefit people throughout their lifespan.
- Identify sources of accurate information about health and maintaining positive social relationships.
(NHES 3.8.3)

Lesson 2: Keeping My Body Healthy
- Summarize actions to protect hearing.
- Summarize actions to protect skin from sun damage.
(NHES 1.8.1, 1.8.2, 2.8.1, 2.8.2, 3.8.1, 3.8.2)

Lesson 3: Protecting My Body From Infection
- Summarize the symptoms of someone who is sick or has a fever.
- Explain the difference between infections and noninfectious diseases.
(NHES 3.8.4)

Lesson 4: Talking About Sexuality
- Define the physical, emotional, intellectual and social dimensions of sexuality.
(NHES 1.8.3)

Lesson 5: Identifying Sexually Attractive People
- Identify sources of accurate information about sexuality.
(NHES 4.8.3)

Lesson 6: The Female Reproductive System
- Demonstrate understanding of the female reproductive system.
(NHES 4.8.1)

Lesson 7: The Male Reproductive System
- Summarize the development of the reproductive system.
(NHES 4.8.2)

Lesson 8: Emotional & Mental Health
- Explain the importance of coping with stress in healthy ways.
- Define the difference between healthy and unhealthful relationships.
(NHES 5.8.1)

Lesson 9: Taking Care of Sexual Health
- Explain the qualities of a healthy romantic relationship.
(NHES 6.8.1)

Lesson 10: Getting Help with Sexual Pressure
- Describe influences that protect against sexual pressure.
(NHES 6.8.2)

Lesson 11: HIV, STD & Pregnancy Prevention
- Explain the differences between infectious and noninfectious diseases.
(NHES 7.8.1)

NHES Skills Addressed
- Comprehending Concepts
- Analyzing Influences
- Accessing Resources
- Practicing Health-Enhancing Behaviors
- Advocacy

HECAT Healthy Behavior Outcomes
- Personal Health & Wellness
- Brush and floss teeth daily.
- Practice appropriate hygiene habits.
- Get an appropriate amount of sleep and rest.
- Proper nutrition and eating patterns.
- Proper hygiene habits.
- Practice exercises to manage stress.
- Practice stress management techniques.

Lesson 6: Emotional & Mental Health
- The impact of stress on behavior.
- The role of positive and negative emotions.
- The role of resilience.

Lesson 7: Taking Care of Sexual Health
- The importance of proper sexual health practices.
- The role of positive and negative sexual behaviors.

Lesson 8: HIV, STD & Pregnancy Prevention
- The importance of proper sexual health practices.
- The role of positive and negative sexual behaviors.

HECAT Knowledge & Performance Indicators

Key

HECAT = Health Education Curriculum Analysis Tool
Corresponding HECAT knowledge and skill expectations are listed after each objective.

Mental & Emotional Health

NHES = National Health Education Standards
The standards and performance indicators listed are met for each lesson.

Examples: 1.1 = Standard 1, Grade 6-8, Performance Indicator 1

Learn more at http://www.healthsmart.org
Nutrition & Physical Activity

Lesson 1: What Are Nutrients?
1. Summarize reliable sources of information about healthy eating. (HE1.8.1)
2. Identify the nutritional value of key nutrients. (HE1.8.2)
3. Summarize the benefits of drinking plenty of water. (HE1.8.3)

Lesson 2: What Should I Eat & How Much?
1. Summarize the amount of food from each food group that a person needs each day. (HE1.8.4)
2. Examine the ways in which the amount of food a person needs each day may be different for each person. (HE1.8.4)

HealthSmart Middle School

Lesson Objectives with HECAT & NHES Correlations

Lesson 12: The Positive Body Image Project
1. Identify the importance of maintaining a positive body image. (HE1.8.4)
2. Express intentions to maintain or develop a positive body image. (HE1.8.4)

Lesson 12: Tobacco & Alcohol & Other Drug Prevention
1. Analyze the health effects of tobacco use and alcohol and other drugs. (HE-9)
2. Explain the dangers of dieting. (AOD1.8.5)
3. Describe negative effects of misusing over-the-counter and prescription medicines. (AOD2.8.9, T2.8.9)
4. Identify the need to use tobacco, alcohol, and other drugs. (HE6.8.3)

Lesson 13: Tobacco & Alcohol Abuse: What’s Really Stated
1. Analyze advertising strategies that use tobacco and alcohol images to encourage young people to start using tobacco, alcohol, or other drugs. (HE-9, T-4)
2. Demonstrate effective refusal skills to say NO to pressure to take unsafe risks. (S4.8.3)

Lesson 14: Eating Disorders
1. Define the characteristics of common eating disorders. (HE4.8.3)
2. Summarize how eating disorders affect proper nutrition. (HE4.8.3)
3. Identify what do a friend is showing symptoms of an eating disorder. (HE4.8.3)
4. Explain why people with eating disorders have a distorted body image. (HE4.8.3)

Lesson 15: Assessing My Physical Activity
1. Describe the recommended amounts and types of exercise. (PA-2)
2. Describe physical activity that contributes to the prevention of health-compromising health conditions. (PA-2)
3. Describe ways to maintain a healthy physical activity level and decrease incidence. (PA-2)
4. Assess personal physical activity practices. (PA-2)

Lesson 16: Healthy Eating at Fast-Food Restaurants
1. Explain how reading a food label can help improve a person’s diet. (HE-9)
2. Analyze the nutrition information on food labels to compute proportionate amounts of nutrients to make healthy food choices. (HE-9)

Lesson 17: Healthy Eating: Breakfast Every Day
1. Describe the importance of eating breakfast every day. (HE-2)
2. Provide examples of healthy breakfast foods. (HE-2)
3. Describe ways to overcome barriers to eating a healthy breakfast every day. (HE-2)
4. Explain ways to improve personal breakfast habits. (HE-2)

Lesson 8: Hazing & Bullying
1. Define and differentiate hazing, bullying, and hate crimes. (V-7)
2. Avoid involvement in or who encourage violence or harassment, coercion, exploitation, physical threats. (V-2)
3. Recognize and avoid dangerous situations. (S-6)
4. Use safety equipment appropriately and follow appropriate safety rules when riding in or on a motor vehicle. (S-1)

Lesson 10: Decision Making: Reducing Risk for Injuries
1. Explain how using alcohol could negatively affect a person’s life. (AOD1.8.5, T1.8.6)
2. Identify safe reasons for using alcohol. (AOD1.8.4)
3. Describe negative effects of misusing over-the-counter and prescription medicines. (AOD2.8.9, T2.8.9)

Lesson 13: Tobacco & Alcohol: What’s the Truth?
1. Analyze how the tobacco industry promotes tobacco use among young people. (HE-9, T-4)
2. Identify the need to use tobacco, alcohol, and other drugs. (HE6.8.3)

Lesson 14: Tobacco & Alcohol Counter-Advertisements
1. Support a negative health message about tobacco or alcohol with facts. (HE-9)
2. Explain why people use tobacco, alcohol, and other drugs. (HE6.8.3)

Lesson 15: Teenage & Drug: What’s the Truth?
1. Explain perceived norms around tobacco, alcohol and marijuana use. (HE2.8.2, T2.8.6)
2. Explain that most teens do not use tobacco, alcohol, or other drugs. (HE6.8.3)

Lesson 16: Medications: What’s the Truth?
1. Explain the dangers of misusing over-the-counter and prescription medicines. (AOD2.8.9, T2.8.9)
2. Identify safe reasons for using over-the-counter and prescription medicines. (AOD2.8.9, T2.8.9)

Lesson 6:スーパーセール実施中
1. Describe the health risks of using steroids. (AOD1.8.5)
2. Describe the health benefits of reducing risk for injuries. (S-8)

Lesson 17: Measuring My Physical Activity
1. Measure how physical, mental, and social benefits can be achieved from physical activity. (PA-2)
2. Explain how a inactive lifestyle contributes to chronic disease. (PA-2)
3. Describe ways to reduce risk of injury from physical activity. (PA-2)
4. Describe cultural-related conditions that affect physical activity levels. (PA-2)

Lesson 7: Meal Planning
1. Identify specific, realistic, and measurable goals to meet nutritional needs. (HE1.8.3)
2. Describe ways to divide personal food budgets to meet nutritional needs. (HE1.8.3)
3. Describe ways to make healthy food choices. (HE1.8.3)

Lesson 18: Using Food Labels
1. Describe the purposes of using food labels. (HE-9)
2. Demonstrate how to use food labels to make healthier food choices. (HE-9)
3. Explain how food labels can help improve a person’s diet. (HE-9)

Lesson 19: What Influences My Food Choices
1. Identify factors that influence food choices. (HE-9)
2. Identify the need to use tobacco, alcohol, and other drugs. (HE6.8.3)
3. Explain the health risks of using steroids. (AOD1.8.5)

Lesson 20: Improving My Food Choices
1. Identify specific, realistic, and measurable goals to meet nutritional needs. (HE1.8.3)
2. Describe ways to divide personal food budgets to meet nutritional needs. (HE1.8.3)
3. Describe ways to make healthy food choices. (HE1.8.3)

Lesson 1: Understanding Impact & Decision-Making: What’s the Truth?
1. Define the importance of making healthy decisions and reduce the impact of negative factors. (HE4.8.3)
2. Identify the need to use tobacco, alcohol, and other drugs. (HE6.8.3)

Lesson 2: Tobacco Companions: Are They Really Stated
1. Analyze advertising strategies that use tobacco images to encourage young people to start using tobacco. (HE4.8.3, T-4)
2. Explain why people use tobacco, alcohol, and other drugs. (HE6.8.3)

Lesson 12: Tobacco & Alcohol Counter-Advertisements
1. Support a negative health message about tobacco or alcohol with facts. (HE-9)
2. Explain why people use tobacco, alcohol, and other drugs. (HE6.8.3)